



Rainbow wraps

INGREDIENTS

Serves 1

- 1 mini wrap
- 1 tablespoon cream cheese
- ¼ teaspoon sweet chilli sauce
- ½ carrot
- 1 cos lettuce leaf
- ¼ red capsicum
- 1 tablespoon grated cheese



METHOD

1. In a small bowl mix cream cheese and sweet chilli sauce.
2. Grate carrots and finely chop remaining salad vegetables.
3. Place mini wrap on a chopping board and spread with cream cheese mixture.
4. Place vegetables and grated cheese on top of the bread.
5. Carefully roll the bread and cut into 3 equal portions.

Let's Eat a Rainbow!

- Fruits and vegetables come in many different colours
- Different coloured fruits and vegetables give us different nutrients
- Try to include a rainbow of colourful fruits and vegetables in family meals every day



For more recipes and nutrition information visit:

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